SHARP

R-8740M
MICROWAVE OVEN WITH TOP & BOTTOM GRILLS AND CONVECTION

OPERATION MANUAL

900 W (IEC 60705)

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OPERATION MANUAL

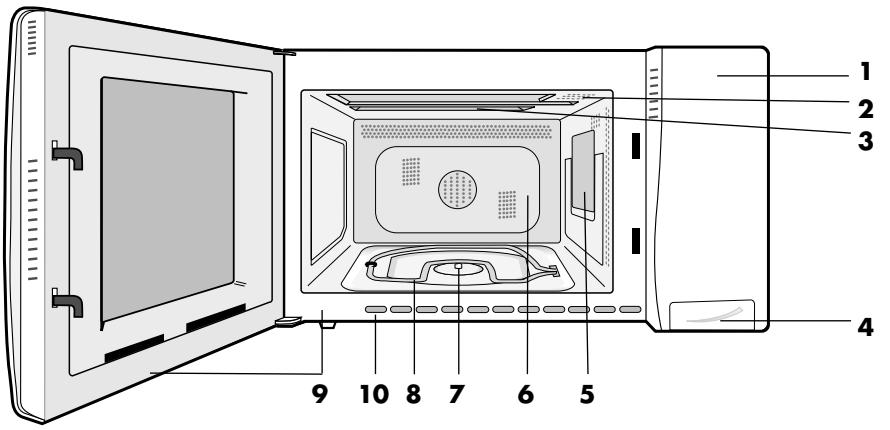
This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

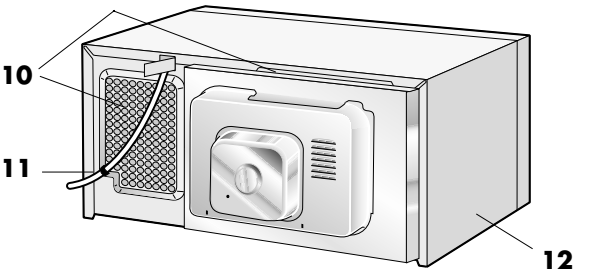
If you require any advice or assistance regarding your Sharp product, please visit our website - http://www.sharp.co.uk/support.

Customers without Internet access may telephone 08705 274277 during office hours, or from Ireland (01) 676 0648.

OVEN AND ACCESSORIES



1 Control panel
2 Oven lamp
3 Grill heating element (top grill)
4 Door opening button
5 Waveguide cover (DO NOT REMOVE)
6 Oven cavity
7 Turntable motor shaft
8 Grill heating element (bottom grill)
9 Door seals and sealing surfaces
10 Ventilation openings
11 Power cord
12 Outer cabinet

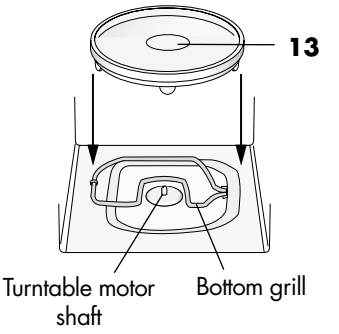


ACCESSORIES:

Check to make sure the following accessories are provided:

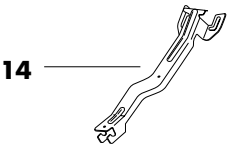
13 Turntable **14** Handle (x1), use to remove turntable from the oven while hot.
Place the turntable on to the turntable motor shaft so that it locates firmly.
To avoid turntable damage, ensure dishes and containers are lifted clear of the turntable rim when removing them from the oven.

- **Never touch the bottom grill when it is hot.**



NOTES:

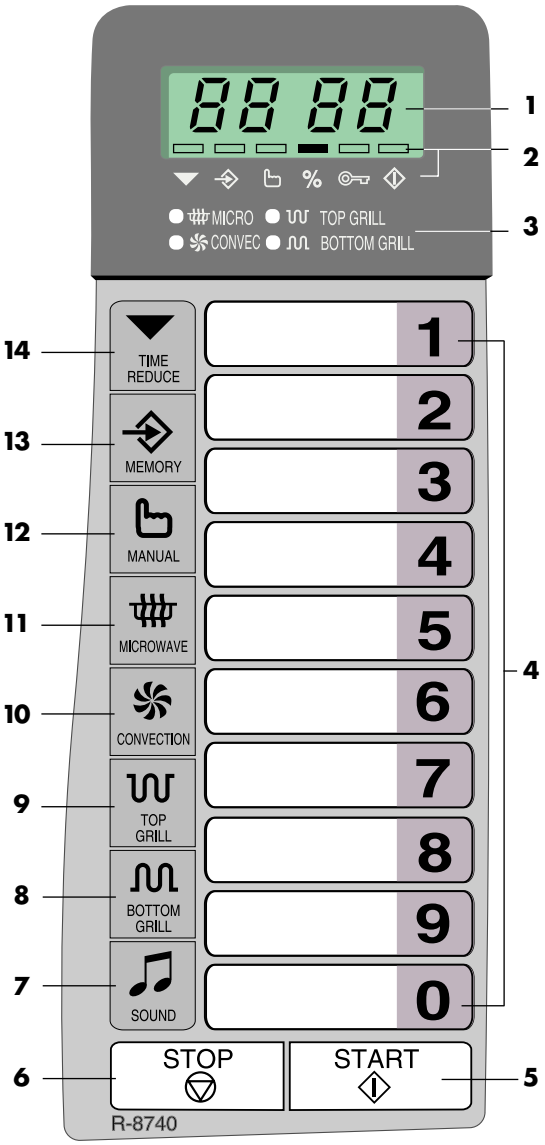
- Always operate the oven with the turntable fitted correctly. This promotes thorough even cooking. A badly fitted turntable may rattle, may not rotate properly and damage the oven.
- The turntable rotates clockwise or counter clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.
- When you order accessories, please mention two details: part name and model name to your dealer or SHARP approved service facility.



WARNING:

The oven cavity, turntable, dishes and especially the bottom grill will become very hot during operation. To prevent burns, always use thick oven gloves or the handle provided.

CONTROL PANEL



1. **DIGITAL DISPLAY**
2. **INDICATORS:**

   These indicators will light corresponding with below symbols

   ▼ : Time reduce

   : Memory

   : Manual

   % : Percentage (for microwave power level)

   : Lock (showing oven lock is set)

   : Cook (showing oven in operation)
3. **COOKING MODE** indicator lights. These indicator lights will light during each cooking mode.

OPERATION KEYS:

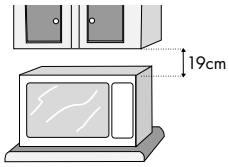
4. **NUMBER** keys for time and memory programming
5. **START** key
6. **STOP** key
7. **SOUND** key
8. **BOTTOM GRILL** key
9. **TOP GRILL** key
10. **CONVECTION** key
    To change the convection temperature
11. **MICROWAVE** key
    To change the microwave power setting
12. **MANUAL** key
13. **MEMORY** key
14. **TIME REDUCE** key

INSTALLATION

WARNING:
Inspect the Oven:
- **Check the oven carefully for damage before and regularly after installation.**
- **Make sure the door closes properly, that it is not misaligned or warped.**
- **Check the hinges and door safety latches are not broken or loose.**
- **Ensure the door seal and sealing surfaces are not damaged.**
- **Inspect the oven interior and door for dents.**

IMPORTANT:
If any damage is apparent, do not operate the oven in any way. Contact your dealer or SHARP approved service facility. (see p. 36)

1. Remove all packing materials including the feature sticker (if applicable). Do not remove the plastic film from the inside of the oven window as this protects it from dirt. The waveguide cover prevents food and grease from entering the waveguide area where it could cause damage. DO NOT REMOVE.
2. Place oven on a secure, level surface, strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven.
3. The minimum height of free space necessary above the top surface of the oven is 19cm.



4. The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85cm or more above the floor.
5. Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings. Do not place objects on top of the oven.
6. Make sure the power supply cord is undamaged (See IMPORTANT: ELECTRICAL CONNECTION! below). **Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.**
7. The socket must be readily accessible so that it can be easily unplugged in an emergency.
8. Do not use the oven outdoors.

BUILDING-IN-KIT.

This oven is not designed to be built-in to a kitchen unit.

IMPORTANT! ELECTRICAL CONNECTION.

- Do not allow water to come into contact with the power supply cord or plug.
- Insert the plug properly into the socket.
- Do not connect other appliances to the same socket using an adaptor plug.
- If the plug or socket is loose or the power supply cord is damaged, it must be replaced with a special cord. The exchange must be made by a SHARP approved service facility.
- When removing the plug from the socket always grip the plug, never the mains lead as this may damage the power supply cord and the connections inside the plug.
- If the fitted mains plug to your oven is a rewireable type and in the unlikely event of the socket outlet in your home not being compatible with the plug supplied, remove the plug and fit an appropriate type, observing the wiring code given in `To replace the mains plug' on page 35.
  If you wish to remove or replace the plug supplied, ensure the plug is removed properly and not cut off.
- If the plug fitted to your oven is a non-rewirable plug and in the unlikely event of the socket outlet in your home not being compatible with the plug supplied, cut-off the mains plug and fit an appropriate type, observing the wiring code given in `To replace the mains plug' on page 35.

Danger:

The fuse from the cut-off plug should be removed and the plug disposed of in a safe manner.

Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.

The plug must not be used without the fuse cover fitted.

If you have any doubt about your microwave oven obtain the help of a qualified electrician.

When replacing the plug please ensure that you use a BSI or ASTA approved plug to BS1363, this should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BS1362. If you have any doubt about electrical connection seek the help of a qualified electrician.

WARNING - IMPORTANT NOTE

Please note both the Operation Manual and Cookbook supplied specify 900W (IEC 60705) microwave output power. This applies only when the oven is operated on a 230-240V supply.

If your supply is less than 230-240V, it may be necessary to increase the cooking time when following the Operation Manual and Cookbook instructions.

WARNING: THIS APPLIANCE MUST BE EARTHED

To wire an appropriate plug, follow the wiring code given in `To replace the mains plug' on page 35.

IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTION READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Oven Use:

- Never operate when empty, except as directed in the operation manual (see page 9).
- Do not leave or store anything inside the oven when not in use.
- Never attempt to use the oven with the door open. It is important not to force or tamper with the door safety latches.
- Never operate the oven with any object caught in the door.
- Do not insert fingers or objects in the holes of the door latches or air-vent openings as this may damage the oven and cause an electric shock.
- If water or food drops inside the air-vent openings switch off the oven immediately, unplug it and call a SHARP approved service facility. (See page 36).
- Never move the oven while it is operating.
- Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, ventilation openings, accessories and dishes during **GRILL**, **CONVECTION** and **DUAL COOKING** modes, unless wearing thick oven gloves, as they will become hot. Before cleaning make sure they are not hot.

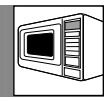
Pacemaker: If you have a heart pacemaker, consult your doctor or the pacemaker manufacturer prior to oven use.

Warning: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

Fire: If smoke is observed, switch off and unplug the appliance and keep the door closed in order to stifle any flames.

Liquids: Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container. Stir the liquid prior to and during heating/reheating, let liquid stand in the oven after cooking.

MICROWAVING



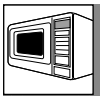
Introduction:

Water, sugar and fat in food absorb microwaves which causes them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.

Outer areas of food are heated by microwave energy, and remaining portions by conduction. It is, therefore, important to **turn**, **rearrange** or **stir** food to ensure even heating. Where recommended allow food to stand. This is not optional but necessary to ensure thorough cooking and is particularly important for dense food, such as joints of meat.

Microwaves pass through non-metallic dishes and utensils and heat the food inside the dishes. Microwaves are reflected by metal. The oven is lined with metal and has a fine metallic mesh in the door to prevent microwave leakage. Metallic dishes are not suitable for microwaving. Only use utensils that are suitable for microwave ovens.

(See suitable cookware, pages 17 - 18).



MICROWAVE POWER LEVELS

Your oven has 6 power levels. To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply:

100% - (HIGH output = 900W) used for fast cooking or reheating e.g. for casseroles, hot beverages, vegetables etc.

70% - (MEDIUM HIGH output = 630W) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes.

50% - (MEDIUM output = 450W) for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.

30% - (MEDIUM LOW output = 270W Defrost setting) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

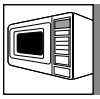
10% - (LOW output = 90W) For gentle defrosting, eg. cream gateaux or pastry.

0% - (0 W, no microwave power)
For setting standing time.

POWER LEVEL: The microwave power level is varied by the microwave energy switching on and off. When using power levels other than 100% you will be able to hear the microwave energy pulsing on and off as the food cooks or defrosts.

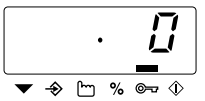
IMPORTANT: The microwave power level will default to 100% unless you press the **MICROWAVE** key to the desired setting.

TO CHECK THE POWER LEVEL: To check the microwave power level during cooking, press the **MICROWAVE** key. As long as your finger is pressing the **MICROWAVE** key the power level will be displayed. The oven continues to count down although the display will show the power level.



BEFORE OPERATION

- Your oven has a lock function and is locked when you first connect to an electrical socket. At that time the digital display will show:



- Your oven has 10 memory banks, which have been pre-programmed (refer to page 7). These can be changed, see page 14 for details.
- The programme or check mode is cancelled when any keys are not pressed for more than 3 minutes.
- Heat the oven using the top and bottom grills without food for 20 minutes. (For operation see notes on page 9).
- Hot or 0 will appear on the display after cooking is complete. Hot will disappear when the **STOP** key is pressed. If you press the **STOP** key twice during cooking Hot appears. If you press the **STOP** key again the display will return to 0.

  LET THE OVEN COOL DOWN WHILE Hot IS DISPLAYED, TO PREVENT OVER-COOKING.

LOCK FUNCTION

The lock will be set when the oven is plugged in. Only the memory banks and time reduce key can be used.
To release the lock function, press the **MANUAL** key and hold for 5 seconds until the audible signal sounds. The **LOCK** indicator will disappear and all oven functions can be used.
To lock the oven press the **MANUAL** key and hold for 5 seconds.

SOUND SETTING

If you wish to operate the oven without sound, press the **SOUND** key once.
To restore the sound, press the **SOUND** key again and the signal will sound twice.

STOPPING THE OVEN

If you wish to stop the oven during cooking, press the **STOP** key once or open the door.
To start the oven again, close the door and press the **START** key within 1 minute.

- If you wish to cancel a programme during cooking, press the **STOP** key twice.
- If you wish to erase a mistake during programming, press the **STOP** key once.

MEMORY COOKING

- The oven has 10 memory banks (1 - 0) which can store cooking programmes.
- These have been pre-programmed as shown in the chart below.
- The memory banks can be changed individually if required (see page 14).
- Information in these memory banks is not lost during power interruptions. If the power goes off, the oven does not need to be re-programmed.
- To check the stored programmes or reduce factors refer to "memory check" on pages 15 - 16.

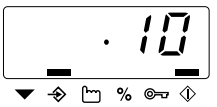
MEMORY NO.	COOKING MODE	COOK TIME
1	Microwave 100%	10 sec.
2	Microwave 100%	20 sec.
3	Microwave 100%	30 sec.
4	Microwave 100%	45 sec.
5	Microwave 100%	1 min.
6	Microwave 100%	1 min. 15 sec.
7	Microwave 100%	1 min. 30 sec.
8	Microwave 100%	1 min. 45 sec.
9	Microwave 100%	2 min.
0	Microwave 100%	2 min. 15 sec.

Example: To cook using **MEMORY** 1 (programmed for 10 seconds at 100%).

1. Press the **NUMBER** key 1.

x1

The total cooking time will appear and the oven starts automatically.



TIME REDUCE COOKING

When you use the same memory key continuously, the oven may become hot. To prevent food overcooking, it is recommended to use the **TIME REDUCE** key. This will shorten the total cooking time.

Example: To cook using **MEMORY** 1 with the **TIME REDUCE** key.

1. Press the **TIME REDUCE** key.

x1

2. Press the **NUMBER** key 1.

x1

The display will count down through the cooking time.

Note: The time reduce factor is preset at 0.9. This can be changed for each memory bank.

MANUAL COOKING

- To use manual cooking:
  1. Ensure the oven has been released from the LOCK function
  2. Press the **MANUAL** key.
  3. Enter cooking time. (for preheating, you can omit this step).
  4. Select desired cooking mode.
  5. Press the **START** key.

MANUAL key

START key

- The oven can be programmed for up to 99 minutes, 99 seconds (99.99).
- When the door is opened during cooking, the cooking time on the display stops automatically. The cooking time starts to count down again when the door is closed and the **START** key is pressed.
- The programme is cancelled if the **START** key is not pressed within 1 minute after the door is closed. (But the programme will not be cancelled when preheat is over or the pause in the sequence in your cooking programme.)
- Before cooking check the suitable utensils on page 17 - 18.

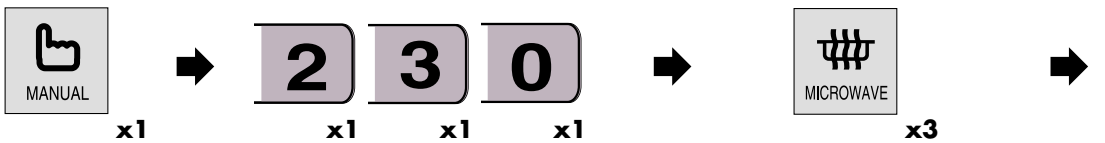
MICROWAVE COOKING

Your oven has 6 preset power levels.

Press **MICROWAVE** key	x1	x2	x3	x4	x5	x6
Microwave power level	100 %	70 %	50 %	30 %	10 %	0 %

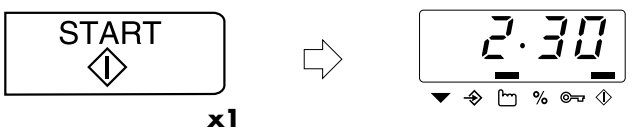
Example: To cook for 2 minutes 30 seconds on 50%.

1. Press the **MANUAL** key.
2. Enter desired cooking time. (All cooking mode indicator lights will flash on and off.)
3. Enter the desired power level 50% by pressing the **MICROWAVE** key 3 times. (**MICRO** cooking mode indicator light will remain on.)



4. Press the **START** key.

The display will count down through the cooking time.



Notes:

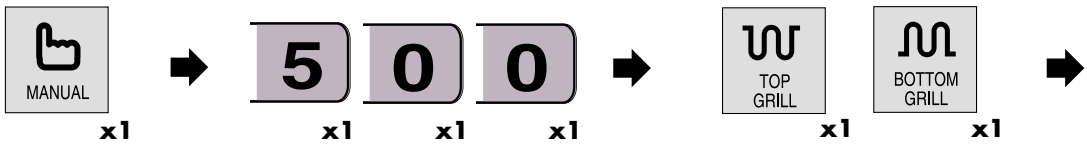
- If you wish to know the power level during cooking, press the **MICROWAVE** key. As long as your finger is touching the key the power level will be displayed.

GRILLING

The oven has top and bottom grills, which can be operated independantly or combined.

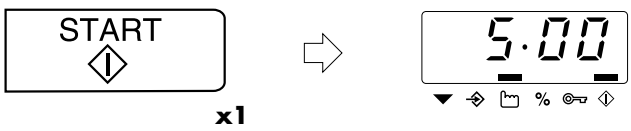
Example: To grill for 5 minutes using the top and bottom grills.

1. Press the **MANUAL** key.
2. Enter desired cooking time. (All cooking mode indicator lights will flash on and off.)
3. Press the **TOP GRILL** key, then the **BOTTOM GRILL** key. (**TOP** and **BOTTOM GRILL** cooking mode indicator lights will remain on.)



4. Press the **START** key.

The display will count down through the cooking time.



NOTE:
When first using the grill heating elements, smoke and odour will be given off. To avoid this happening when food is being cooked, heat the top and bottom grills without food for approximately 20 minutes.

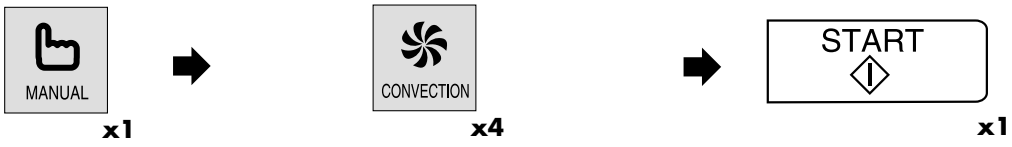
WARNING:
The oven cavity, turntable, dishes and especially the bottom grill will become very hot during operation. To prevent burns, always use thick oven gloves or the handle provided.

PREHEATING THE OVEN

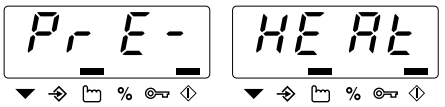
Your oven can be preheated to a desired temperature prior to oven cooking.

Example: To preheat the oven to 200˚C.

1. Press the **MANUAL** key.
2. Enter the desired temperature 200˚C by pressing the **CONVECTION** key 4 times. (**CONVEC** cooking mode indicator light will come on.)
3. Press the **START** key.



When the oven reaches 200˚C, the audible signal will sound and the oven will display 200˚C. Place food in the oven, enter the desired cooking time and temperature before pressing the **START** key.



Notes:

- The preheated temperature will be maintained for approximately 30 minutes before automatically turning off.
  If you open and close the oven door during the 30 minutes [0] will appear and the oven will stop keeping the preheated temperature.
- You can check the actual temperature during preheating by pressing the **CONVECTION** key. The temperature will appear on the display. This will not affect the oven operation.
- If you prefer not to preheat the oven where recommended in the following COOKING CHARTS section (pages 25 - 29), allow extra cooking time.

WARNING:

The oven cavity, turntable, dishes and especially the bottom grill will become very hot during operation. To prevent burns, always use thick oven gloves or the handle provided.

CONVECTION COOKING

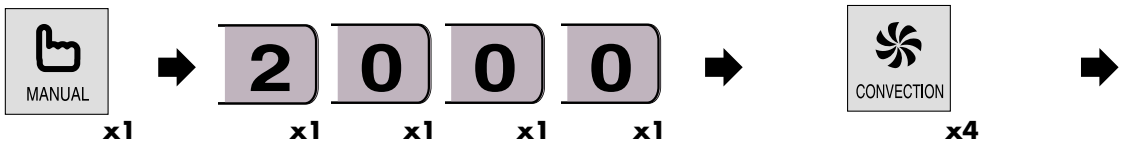
Your oven can be programmed to cook with ten different temperatures by combining the top and bottom grills with the convection fan.

Press **CONVECTION** key	x1	x2	x3	x4	x5	x6	x7	x8	x9	x10
Oven Temp (° C)	250	230	220	200	180	160	130	100	70	40

Note:
Temperature measurements taken whilst the oven is in convection mode will differ slightly from the displayed level. This is due to the grill elements turning on and off in order to regulate the oven temperature. This will not affect the cooking results as long as the operation manual and cook book are followed correctly.

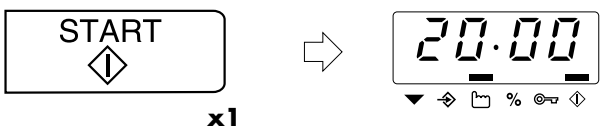
Example: To cook for 20 minutes at 200°C.

1. Press the **MANUAL** key.
2. Enter desired cooking time. (All cooking mode indicator lights will flash on and off.)
3. Enter the desired temperature 200°C by pressing the **CONVECTION** key 4 times. (**CONVEC** cooking mode indicator light will remain on.)



4. Press the **START** key.

The display will count down through the cooking time.



Notes:
- Once the oven has started, the programmed temperature can be displayed by pressing the **CONVECTION** key. The temperature will appear on the display. This will not affect the programme or cooking time.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical components.

WARNING:
The oven cavity, turntable, dishes and especially the bottom grill will become very hot during operation. To prevent burns, always use thick oven gloves or the handle provided.

DUAL COOKING

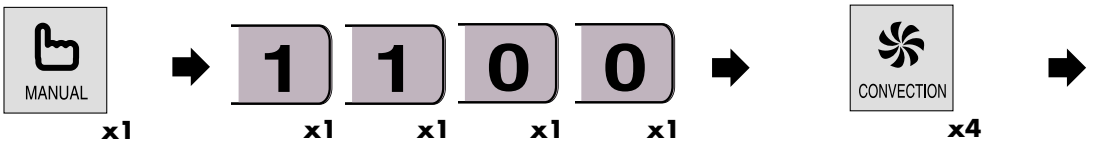
DUAL COOKING combines the power of microwave with convection or the grill modes.
There are three DUAL COOKING modes: 1. Convection and Microwave
2. Top Grill and Microwave
3. Bottom Grill and Microwave

DUAL COOKING MODE	PRESS KEYS:	Microwave Power Range
Convection + Microwave *	CONVECTION + MICROWAVE	10% - 50%
Top Grill + Microwave *	TOP GRILL + MICROWAVE	10% - 100%
Bottom Grill + Microwave *	BOTTOM GRILL + MICROWAVE	10% - 100%

NOTES:
* To adjust the microwave power level, press the **MICROWAVE** key.
* To adjust the convection temperature, press the **CONVECTION** key.

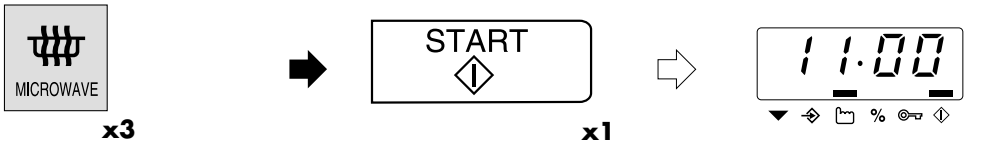
Example: To cook for 11 minutes, combining 200˚C Convection with 50% Microwave power.

1. Press the **MANUAL** key.
2. Enter desired cooking time. (All cooking mode indicator lights will flash on and off.)
3. Enter the desired temperature 200˚C by pressing the **CONVECTION** key 4 times. (**CONVEC** cooking mode indicator light will remain on.)

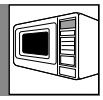


4. Enter desired power level 50% by pressing the **MICROWAVE** key 3 times. (**MICRO** cooking mode indicator light will come on.)
5. Press the **START** key.

The display will count down through the cooking time.



WARNING:
The oven cavity, turntable, dishes and especially the bottom grill will become very hot during operation. To prevent burns, always use thick oven gloves or the handle provided.



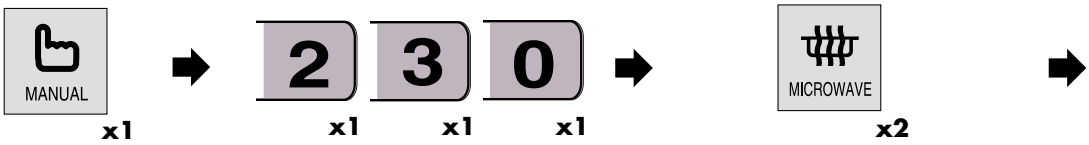
1. MULTIPLE SEQUENCE COOKING

This facility enables continued and uninterrupted operation of up to three different stages.

Example: To cook: 2 minutes 30 seconds on 70% microwave power (Stage 1)
5 minutes on Top grill (Stage 2)

STAGE 1

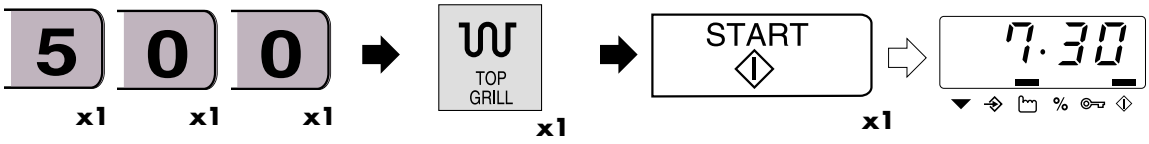
1. Press the **MANUAL** key.
2. Enter desired cooking time. (All cooking mode indicator lights will flash on and off.)
3. Enter desired power level 70% by pressing the **MICROWAVE** key twice. (**MICRO** cooking mode indicator light will remain on.)



STAGE 2

4. Enter desired cooking time. (All cooking mode indicator lights will flash on and off.)
5. Press the **TOP GRILL** key. (**TOP GRILL** cooking mode indicator light will remain on.)
6. Press the **START** key.

The display will count down through the cooking time.



Notes:

- It is possible to programme a "pause" as a stage in sequence cooking (Stage 1 → Pause → Stage 2). To set the pause, press the **NUMBER** key "0" and **MICROWAVE** key once, after setting stage 1. The oven will maintain the programme during the pause. After pause, you must press the **START** key to resume cooking.
- It is possible to programme 'Preheat' as a stage in sequence cooking.

CONVENIENT FUNCTIONS

2. MEMORY PROGRAMME ENTRY

The 10 pre-programmed memory banks can be changed.

Each memory bank can be programmed with a maximum of 3 cooking stages. The stages can combine microwave, convection, grill or dual cooking.

Each stage can be programmed for up to 99 minutes, 99 seconds (99.99).

NOTE: Before you change the memory programme ensure that the oven is not in the lock function.

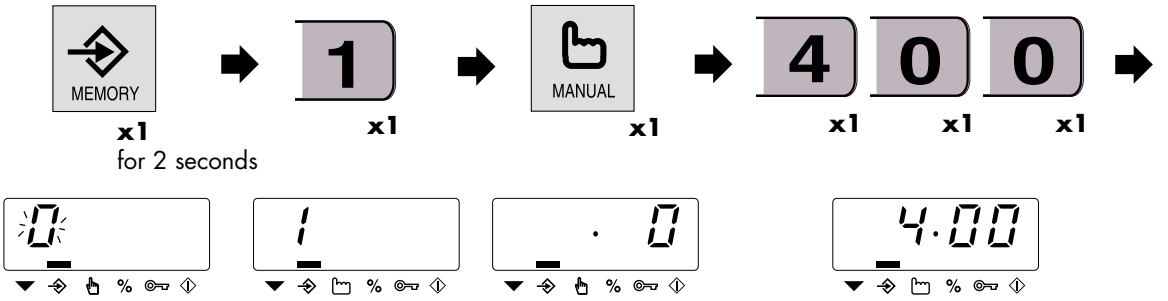
2a. TO PROGRAMME TIME AND POWER LEVEL INTO A MEMORY

Example: To change the programme for Memory 1 as follows:
4 minutes on 50% microwave power (Stage 1)
2 minutes on Dual cooking, combining TOP GRILL with 10% microwave power (Stage 2)

1. Press the **MEMORY** key and hold for 2 seconds until the signal sounds twice. (**MEMORY** indicator will come on.)
2. Select the number.
3. Press the **MANUAL** key.

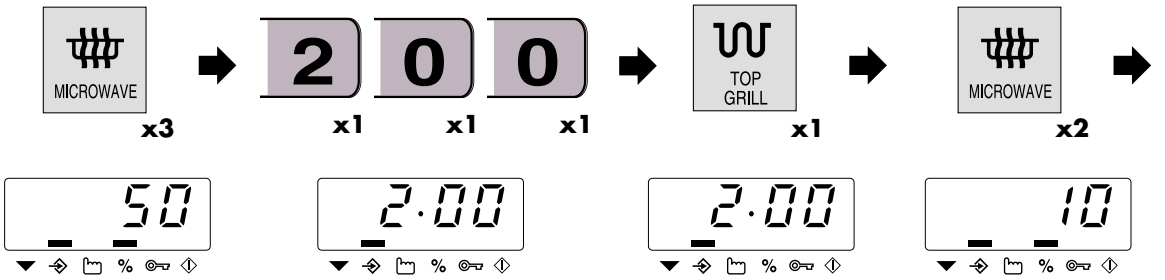
STAGE 1

4. Enter desired cooking time. (All cooking mode indicator lights will flash on and off.)

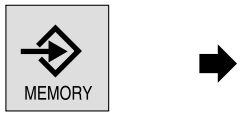


STAGE 2

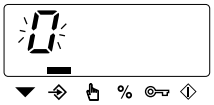
5. Press the **MICROWAVE** key 3 times for 50% power. (**MICRO** cooking mode indicator light will remain on.)
6. Enter desired cooking time. (All cooking mode indicator lights will flash on and off.)
7. Press the **TOP GRILL** key. (**TOP GRILL** cooking mode indicator light will remain on.)
8. Press the **MICROWAVE** key twice for 10 % power. (**MICRO** cooking mode indicator light will come on.)



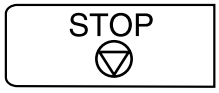
9. Press the **MEMORY** key.



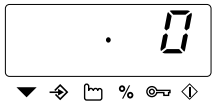
x1



10. Press the **STOP** key to release the memory setting mode.



x1



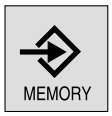
Note:
To change memory banks consecutively, press the desired **NUMBER** key prior to pressing the **STOP** key. After selecting the **NUMBER** key, follow the example on page 14.

2b. TO CHANGE THE REDUCE FACTORS

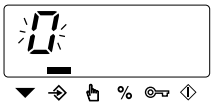
The reduce factor is preset at 0.9.
This can be changed for each memory bank individually.

Example: To reduce the factor in memory 1 to 0.8.

1. Press the **MEMORY** key and hold for 2 seconds until the signal sounds twice. (**MEMORY** indicator will come on.)

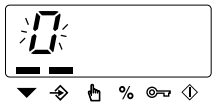


x1
for 2 seconds



2. Press the **TIME REDUCE** key.

x1



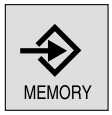
3. Select the MEMORY number. Press the **NUMBER 1** key.

x1

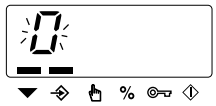
4. Set the reduce factor.

x1 x1

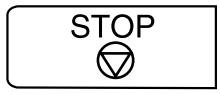
5. Press the **MEMORY** key.



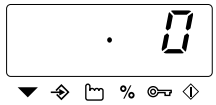
x1



6. Press the **STOP** key to release the memory setting mode.



x1



Notes:
- The reduce factor can be set from 0.00 to 0.99.
- To change the reduce factor consecutively, press the desired **NUMBER** key prior to pressing the **STOP** key. After selecting the **NUMBER** key, follow the example above.

CONVENIENT FUNCTIONS

2c. MEMORY CHECK

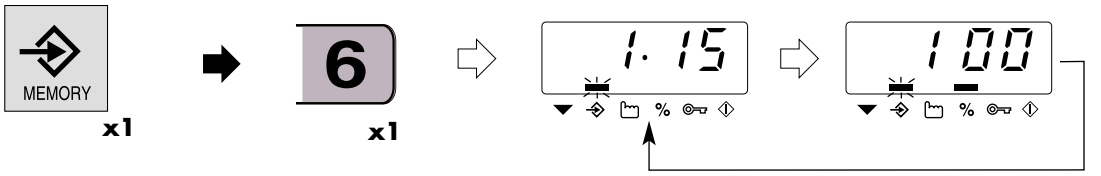
You can check the information programmed into the memory, for example, time and power level.
Before you check the memory programme ensure the oven has been released from the lock function.

Example: To check the information programmed into **NUMBER 6** key. (Programmed for 1 minute 15 seconds on 100% microwave power.)

1. Press the **MEMORY** key.

2. Select the **NUMBER 6** key.

3. The programme will appear. (**MICRO** cooking mode indicator light will come on.)

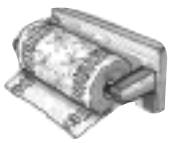


NOTE:

- To cancel **MEMORY CHECK**, press the **STOP** key.
- To check memory banks consecutively, press the desired **NUMBER** key prior to pressing the **STOP** key. After selecting the **NUMBER** key, follow the example above.
- To check the reduce factor, press the **TIME REDUCE** key before pressing the **NUMBER** key.

SUITABLE COOKWARE

For microwaving, use only those utensils suitable for microwave cookery as indicated below.
A variety of cookware can be used for microwaving. Round/oval dishes rather than square/oblong ones are recommended, as food in the corners tends to overcook.

COOKWARE	SUITABLE FOR MICROWAVING	GRILL	CONVEC-TION	DUAL COOKING	
Heat resistant glass, (e.g. Pyrex®, Fire King®, Corning Ware ®).	**YES**	**YES**	**YES**	**YES**	
Microwave-safe plastic cookware.	**YES**	**NO**	**NO**	**NO**	
Microwave cling film, microwave roasting bags.	**YES** Microwave cling film and bags must be vented for steam to escape, pierce in 4 - 5 places. Do not use plastic or metal ties as they may melt or catch fire due to 'arcing'.	**NO**	**NO**	**NO**	
Heat-resistant china and ceramics.	**YES** Except for dishes with metallic decoration.	**NO**	**YES**	**YES** Except for dishes with metallic decoration.	
Disposable containers: Thin plastic, paper, straw and wooden containers.	**YES** Always attend the oven closely. Look at the oven from time to time when heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.	**NO**	**NO**	**NO**	
Kitchen paper.	**YES** Always attend the oven closely. Only use to absorb fat and moisture when warming food. Pay special attention as over-heating may cause a fire in your oven.	**NO**	**NO**	**NO**	
Browning dishes & self-heating packages.	**YES** Always place on an up-turned plate on the turntable to prevent heat stress. Follow manufacturer's instructions. Be careful as these become very hot. **Popcorn:** Only use microwave popcorn within recommended packaging (follow popcorn manufacturer's instructions). Never use oil unless the manufacturer recommends and never cook for longer than instructed.	**NO**	**NO**	**NO**	
Metal cookware.	**NO**	**YES** If desired, metal trays may be used.	**YES**	**NO**	

SUITABLE COOKWARE

COOKWARE	SUITABLE FOR MICROWAVING	GRILL	CONVEC-TION	DUAL COOKING	
Aluminium foil & foil containers, made from "Micro Foil®".	**YES/NO** Use small pieces of aluminium foil to shield food from overheating. Keep foil at least 2cm from the oven walls. Foil containers are not recommended unless specified by the manufacturer, eg. MicroFoil ®, follow instructions carefully.	**YES**	**YES**	**YES/NO** Use aluminium foil for shielding only.	

FOOD HANDLING & PREPARATION

Face & Hands: Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

Stir, turn & stand

For even cooking stir, turn or rearrange food during cooking. Where recommended, leave food to stand after cooking or defrosting.

Initial and final temperature of food

The initial temperature of food affects the amount of cooking time needed, eg. chilled food requires more cooking than food at room temperature.
The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example, jam doughnuts, to release heat or steam.

Check the temperature of food and drink and stir before serving. Take special care when serving to babies, children or the elderly. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

Composition & quality

Food high in fat or sugar (Christmas pudding or mince pies) requires less heating time and should be watched, over-heating can lead to fire.
Good quality ingredients should be used for microwaving. Economical cuts of meat are recommended for casserole.

FOOD HANDLING & PREPARATION

Piercing **Food with skin (such as potatoes, apples, fish, chicken), or with membrane (such as the white and yolk of eggs, including boiled eggs), must be pierced in several places before cooking or reheating. If not, steam will build up and may cause food to explode. Note: Eggs in their shells and whole hard boiled eggs should not be heated in the microwave ovens since they may explode even after microwaving has ended.**

Arrangement Place thickest parts of food on the outside of the dish, for example, the meaty ends of chicken drumsticks should be placed on the outside of the dish.

Covering Fish, vegetables and certain other foods benefit from being covered during microwave cookery, follow recommendations where given and use vented microwave cling film or a suitable lid.

Size & shape Food size and shape affect the amount of cooking time needed. When cooking more than one portion of the same food ensure they are of a similar size and shape.

Density & quantity Food density and quantity affect the amount of cooking time needed, for example, potatoes require more cooking than peas; four potatoes will take longer to cook than two.

Hygiene Food hygiene standards (storage, handling and preparation) apply to microwaving. Always store convenience foods as recommended by the food manufacturer and keep no longer than the "Use By" date.

ADVICE FOR COOKING

WARNING - Always attend the oven when in use.
Carefully follow the SHARP Operation Manual at all times. If you exceed recommended cooking times and/or use power levels that are too high, food may overheat, burn, and in extreme circumstances, catch fire and damage the oven.

The microwave power level will default to 100% unless you press the **MICROWAVE** key to reach the desired setting. Take care when heating foods with high sugar or fat content, for example, Christmas pudding, mince pies and fruit cakes (see reheating chart in the cookbook section for guidance). Before use, the user should check that utensils are suitable for use in microwave ovens.

Lids: Always remove lids from food jars and containers before you use them in the oven. If you do not, steam and pressure will build up inside and the container may explode.

Do not place hot foods/utensils on a cold turntable, or cold foods/utensils on a hot turntable.

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

ADVICE FOR DEFROSTING

Meat joints

Place in a flan dish, turn over at least 4 - 5 times during defrosting, shield any warm areas with small, flat pieces of foil. After defrosting, wrap in foil and allow meat to stand for 60 - 90 minutes, until thoroughly defrosted.

Poultry

Place in a flan dish, turn over at least 3 - 4 times during defrosting, shield any warm areas with small, pieces of foil. After defrosting, wrap in foil and allow poultry to stand for 60 - 90 minutes, until thoroughly defrosted.
NOTE: Do not defrost poultry with giblets.

Steak, Chops & Chicken Portions

Place in a flan dish, separate during defrosting and turn over at least 2 - 3 times. Shield if necessary.

Cubed & Minced Meat

Place in a bowl, stir or turn over at least 3 - 4 times during defrosting, remove defrosted parts each time. Please refer to the defrost chart on page 30.

Whole Fish & Fillets

Place in a flan dish, separate during defrosting and turn over at least twice. Shield if necessary.

Prepacked Frozen Foods

Remove packaging, including any foil and place in a suitable dish.

NOTES:

- To defrost food, use either 30% or 10% microwave power.
- Shield warm areas with small pieces of foil if necessary.
- It is important to turn food over, separate (where appropriate) and rearrange to ensure even defrosting.
- Standing time is necessary to ensure thorough defrosting.
- Ensure food is defrosted thoroughly before use.

ADVICE FOR REHEATING

WARNINGS:

Oil & Fat: Never heat oil or fat for deep frying as this may lead to overheating and fire. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.
- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, for example, mince pies, Christmas pudding.
- Canned potatoes should not be heated in the microwave oven, follow the manufacturers' instructions on the can.

Plated meals **Remove any poultry or meat portions, reheat these separately, see below.** Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on 50%, stir/rearrange halfway through reheating. Ensure food is thoroughly reheated before serving.

Casseroles Cover with vented microwave cling film or suitable lid, reheat on 50%. Stir frequently to ensure even reheating.

Poultry portions Place thickest parts of the portions on the outside of the dish, cover with vented microwave cling film and reheat on 70%. Turn over halfway through. **NOTE:** Ensure poultry is thoroughly reheated, before serving.

Sliced meat Cover with vented microwave cling film and reheat on 50%. Rearrange at least once to ensure even reheating. NOTE: Ensure meat is thoroughly reheated before serving.

Pies Place pies in a flan dish. Reheat meat pies on 70% and fruit pies on 50%.

Vegetables Cover with vented microwave cling film or suitable lid and reheat on 50%. Stir at least once during reheating.

REHEATING CHARTS

FOOD	AMOUNT	INITIAL TEMP	REHEATING TIME	COOKING MODE	METHOD
CANNED FOODS					
Baked Beans	420g	Room	3 minutes	100%	Place in a bowl, cover with cling film, stir halfway through cooking.
Soup Thick/Thin	400g	Room	3 mins 30 secs	100%	Place in a bowl, cover with cling film, stir halfway through cooking.
Hot Dogs	425g	Room	3 mins 30 secs	100%	Place in a bowl, cover with cling film.
Sweetcorn	325g	Room	3 mins 30 secs	100%	Place in a bowl, cover with cling film, stir halfway through cooking.
Peas	540g	Room	4 mins 30 secs	100%	Place in a bowl, cover with cling film, stir halfway through cooking.
Carrots, Whole & Sliced	540g	Room	4 mins 30 secs	100%	Place in a bowl, cover with cling film, stir halfway through cooking.
Tomatoes	400g	Room	3 mins 30 secs	100%	Place in a bowl, cover with cling film, stir halfway through cooking.
Asparagus	420g	Room	3 mins 30 secs	100%	Place in a bowl, cover with cling film, stir halfway through cooking.
Green Beans	400g	Room	3 mins 30 secs	100%	Place in a bowl, cover with cling film, stir halfway through cooking.
COOKED VEGETABLES					
Broccoli	125g	Chilled	1 min 10 secs	100%	Place on a plate, cover with cling film.
Brussel Sprouts	225g	Chilled	2 mins 20 secs	100%	Place on a plate, cover with cling film.
Carrots, sliced	125g	Chilled	1 min 10 secs	100%	Place on a plate, cover with cling film.
Cauliflower	125g	Chilled	1 min 10 secs	100%	Place on a plate, cover with cling film.
Corn on the Cob	1 cob	Chilled	3 mins 20 secs	100%	Place on a plate, cover with cling film.
Peas	100g	Chilled	1 min 10 secs	100%	Place on a plate, cover with cling film.
Jacket Potato	250g	Chilled	3 min 20 secs	100%	Place on a plate, cover with cling film.
New Potatoes	225g	Chilled	3 min 20 secs	100%	Place on a plate, cover with cling film.
Rice, White/Brown	225 g	Chilled	3 min 30 secs	100%	Place in a bowl, cover with cling film.
HOT SANDWICHES					
Hamburger	125g	Chilled	1 min 20 secs	100%	Place on a plate, uncovered.
Cheeseburger	175g	Chilled	1 min 20 secs	100%	Place on a plate, uncovered.
Hot Dog	175g	Chilled	1 min 20 secs	100%	Place on a plate, uncovered.
Bacon	175g	Chilled	1 min 20 secs	100%	Place on a plate, uncovered.
Sausage	225g	Chilled	2 minutes	100%	Place on a plate, uncovered.
Beef	175g	Chilled	1 min 20 secs	100%	Place on a plate, uncovered.
Chicken	135g	Chilled	1 min 45 secs	100%	Place on a plate, uncovered.
Rib	165g	Chilled	2 minutes	100%	Place on a plate, uncovered.

REHEATING CHARTS

FOOD	AMOUNT	INITIAL TEMP	REHEATING TIME	COOKING MODE	METHOD
PREPARED DISHES					
Lasagne	300g	Chilled	7 minutes	Top Grill/70%	Place in a dish, uncovered.
Shepherds Pie	300g	Chilled	9 minutes	Top Grill/70%	Place in a dish, uncovered.
Potato Gratin	400g	Chilled	7 minutes	100%	Place on a plate, uncovered.
Curry & Rice	360g	Chilled	3 mins 40 secs	100%	Place on a plate, cover with cling film.
Chilli Con Carne & Rice	360g	Chilled	4 mins 30 secs	100%	Place on a plate, cover with cling film.
Tagliatelle Carbonara	300g	Chilled	4 minutes	100%	Place on a plate, cover with cling film.
Spaghetti Bolognese	300g	Chilled	3 mins 30 secs	100%	Place on a plate, cover with cling film.
Casserole	400g	Chilled	6 minutes	100%	Place on a plate, cover with cling film.
Stew & Dumplings	450g	Chilled	6 minutes	100%	Place on a plate, cover with cling film.
Bangers & Mash	450g	Chilled	6 minutes	100%	Place on a plate, cover with cling film.
Sliced Meat in Gravy	250g	Chilled	4 minutes	100%	Place on a plate, cover with cling film.
Chicken Slices & Sauce	250g	Chilled	4 minutes	100%	Place on a plate, cover with cling film.
BREAD AND PASTRIES					
Bread Buns	1	Room	15 seconds	100%	Place on the turntable, uncovered.
	2	Room	20 seconds	100%	Place on the turntable, uncovered.
Croissants	1	Room	15 seconds	100%	Place on the turntable, uncovered.
	2	Room	20 seconds	100%	Place on the turntable, uncovered.
Garlic Bread (10" Baguette)	1	Chilled	3 mins 30 secs	100%	Place on the turntable, uncovered.
Pizza	125g	Chilled	45 seconds	100%	Place on a plate, uncovered.
	125g	Frozen	2 - 3 minutes	100%	Place on a plate, uncovered.
	400g	Chilled	2 - 3 minutes	100%	Place on a plate, uncovered.
	400g	Frozen	5 - 6 minutes	100%	Place on a plate, uncovered.
Meat Pie	200g	Chilled	6 minutes	250°C/30%	Place on a plate, uncovered.
	450g	Chilled	12 minutes	250°C/30%	Place on a plate, uncovered.
Quiche	200g	Chilled	5 minutes	220°C/50%	Place on a plate, uncovered.
	400g	Chilled	7 minutes	220°C/50%	Place on a plate, uncovered.
Cornish Pasties	175 g	Chilled	4 minutes	220°C/50%	Place on a plate, uncovered.
Sausage Rolls (75g each)	1	Chilled	1 min 30 secs	220°C/50%	Place on a plate, uncovered.
	4	Chilled	4 minutes	220°C/50%	Place on a plate, uncovered.

REHEATING CHARTS

FOOD	AMOUNT	INITIAL TEMP	REHEATING TIME	COOKING MODE	METHOD
BREAKFAST					
Porridge	225 g	Chilled	2 minutes	100%	Place in a bowl, uncovered.
Scrambled Egg	125 g	Chilled	1 min 20 secs	100%	Place in a bowl, uncovered.
Sausages (thick)	4	Chilled	4 minutes	70%	Place on a plate, uncovered.
Sausages (thin)	8	Chilled	4 minutes	70%	Place on a plate, uncovered.
Smoked Haddock	175 g	Chilled	1 min 30 secs	100%	Place in a bowl, uncovered.
Mushrooms	100g	Chilled	1 minute	70%	Place in a bowl uncovered.
Fresh Tomatoes	100g	Chilled	1 minute	70%	Place in a bowl uncovered.
PUDDINGS					
Fruit Crumble	175g	Chilled	1 min 30 secs	100%	Place in a bowl uncovered.
Fruit Crumble with Custard	275g	Chilled	2 mins 10 secs	100%	Place in a bowl uncovered.
Fruit Pie	50g - 70g	Chilled	15 - 30 seconds	100%	Place in a bowl uncovered.
Fruit Pie	175g	Chilled	1 min 30 secs	100%	Place in a bowl uncovered.
Fruit Pie with Custard	275g	Chilled	2 mins 10 secs	100%	Place in a bowl uncovered.
Sponge Pudding	125g	Chilled	1 minute	100%	Place in a bowl uncovered.
Sponge Pudding with Custard	225g	Chilled	1 min 40 secs	100%	Place in a bowl uncovered.
Suet Pudding	175g	Chilled	1 min 30 secs	100%	Place in a bowl uncovered.
Suet Pudding with Custard	275g	Chilled	2 mins 10 secs	100%	Place in a bowl uncovered.
Chocolate Fudge Cake	125g	Chilled	1 minute	100%	Place in a bowl uncovered.
Rice Pudding	225g	Chilled	2 minutes	100%	Place in a bowl. Cover with cling film.
Christmas Pudding	175g	Chilled	1 minute	100%	Place in a bowl uncovered.

NOTE:
Take care when heating foods with high sugar or fat content, for example, Christmas pudding and mince pies.

DO NOT EXCEED THE REHEATING TIMES GIVEN IN THE CHART ABOVE.

COOKING CHARTS

FOOD	COOKING TIME	COOKING MODE	METHOD
Beef: medium (Topside, Silverside) Chilled (5°C)	15 - 16 mins 450g (1lb)	160°C 30%	1. Place fat side down in a flan dish. 2. Turn over half way through cooking and remove juice. 3. After cooking, wrap in foil and leave to stand for 5 minutes before serving.
Lamb, medium (fillet, shoulder leg) Chilled (5°C)	17 - 18 mins 450g (1lb)	160°C 30%	1. Place fat side down in a flan dish. 2. Turn over half way through cooking and remove juice. 3. After cooking, wrap in foil and leave to stand for 5 minutes before serving.
Pork (loin, leg) Chilled (5°C)	16 - 17 mins 450g (1lb)	160°C 50%	1. Place fat side down in a flan dish. 2. Turn over half way through cooking and remove juice. 3. After cooking, wrap in foil and leave to stand for 5 minutes before serving.
Poultry (whole) (max. 3.5kg-8lb) Chilled (5°C)	11 - 12 mins 450g (1lb)	180°C 50%	1. Place breast side down in a flan dish. 2. Turn over halfway through cooking and remove juice. 3. After cooking, wrap in foil and leave to stand for 10 minutes before serving.
Chicken/Duck Quarters 350g Chilled (5°C)	18 mins 700g (1lb 5oz)	250°C 50%	1. Place breast side down in a single layer on the turntable. 2. Turn over halfway through cooking. 3. After cooking, wrap in foil and leave to stand for 5 minutes before serving.
Minced Beef Chilled (5°C)	7 - 8 mins 450g (1lb)	50%	1. Place in a large bowl. 2. Stir 2 - 3 times diring cooking. 3. After cooking cover bowl with foil and leave to stand for 2 - 3 minutes before serving.
Bacon Chilled (5°C)	12 mins for 6 rashers	Top and Bottom grills	1. Place in a single layer on the turntable. 2. Turn over three quarters of the way through cooking. 3. Leave to stand for 1 minute before serving.
Fish Fillet or Steaks Chilled (5°C)	6 - 7 mins 450g (1lb)	100%	1. Place in a single layer in a large flan dish, cover with microwave cling film and pierce in 4 - 5 places. 2. Leave to stand for 2 - 3 minutes before serving.
Trout (whole) Chilled (5°C)	7 - 8 mins 450g (1lb)	100%	1. Place in a single layer in a large flan dish, cover with microwave cling film and pierce in 4 - 5 places. 2. Leave to stand for 2 - 3 minutes before serving.

COOKING CHARTS

FOOD	COOKING TIME	COOKING MODE	METHOD
Chicken Breast Fillet Chilled (5°C)	20 minutes for 150g (1 fillet) 25 minutes for 450g (3 fillets)	Top and Bottom Grills	Pierce skin, place directly onto the turntable. Turn over halfway through cooking.
Crispy Crumb foods Chilled (5°C)	9 - 10 minutes for 100g 12 - 13 minutes for 300g 18 - 19 minutes for 600g	Top and Bottom Grills	Place directly onto the turntable. Turn over halfway through cooking.
Crispy Crumb foods Frozen (-18°C)	100g: **1st stage:** 2 minutes **2nd stage:** 3 mins 30secs 300g: **1st stage:** 3 mins 20 secs **2nd stage:** 4 mins 30 secs 600g: **1st stage:** 5 mins 20 secs **2nd stage:** 6 minutes	 1. Top Grill/100% 2. Top + Bottom Grills 1. Top Grill/100% 2. Top + Bottom Grills 1. Top Grill/100% 2. Top + Bottom Grills	Place directly onto the turntable.
Lamb Chops Chilled (5°C)	12 - 16 minutes for 100g 16 - 20 minutes for 300g 20 - 24 minutes for 600g	Top and Bottom Grills	Place directly onto the turntable. Turn over halfway through cooking.
Pork Chops (with bone) Chilled (5°C)	18 - 20 minutes for 300g 23 - 25 minutes for 600g	Top and Bottom Grills	Place directly onto the turntable. Turn over halfway through cooking.
Boneless Pork Chops Chilled (5°C)	10 - 12 minutes for 100g 15 - 17 minutes for 300 g 20 - 22 minutes for 600g	Top and Bottom Grills	Place directly onto the turntable. Turn over halfway through cooking.
Beefburgers Chilled (5°C)	8 minutes for 225g (2 burgers) 12 minutes for 450g (4 burgers)	Top and Bottom Grills	Place directly onto the turntable. Turn over three quarters of the way through cooking.
Beefburgers Frozen (-18°C)	11 minutes for 225g (4 burgers) 15 minutes for 400g (8 burgers)	Top and Bottom Grills	Place directly onto the turntable. Turn over three quarters of the way through cooking.
Sausages (thick) Chilled (5°C)	9 minutes for 225g 17 minutes for 450g	Top and Bottom Grills	Pierce skin, place directly onto the turntable. Turn over twice during cooking.
Sausages (thin) Chilled (5°C)	9 minutes for 225g 13 minutes for 450g	Top and Bottom Grills	Pierce skin, place directly onto the turntable. Turn over twice during cooking.

COOKING CHARTS

FOOD	COOKING TIME	COOKING MODE	METHOD
Gammon Steak Chilled (5°C)	8 - 10 minutes for 100g 10 - 12 minutes for 225g	Top and Bottom Grills	Place directly onto the turntable. Turn over halfway through cooking.
Pizza (thin & deep) Chilled (5°C)	For 200g: **1st stage:** 1 min 30 secs **2nd stage:** 3 minutes For 400g: **1st stage:** 2 mins 30 secs **2nd stage:** 4 minutes For 800g: **1st stage:** 3 mins 30 secs **2nd stage:** 5 minutes	 1. Top Grill/100% 2. Top + Bottom Grills 1. Top Grill/100% 2. Top + Bottom Grills 1. Top Grill/100% 2. Top + Bottom Grills	Remove all packaging. Place directly onto the turntable.
Pizza (thin & deep) Frozen (-18°C)	For 200g: **1st stage:** 1 min 30 secs **2nd stage:** 4 minutes For 400g: **1st stage:** 2 mins 30 secs **2nd stage:** 5 minutes For 800g: **1st stage:** 3 mins 30 secs **2nd stage:** 6 minutes	 1. Top Grill/100% 2. Top + Bottom Grills 1. Top Grill/100% 2. Top + Bottom Grills 1. Top Grill/100% 2. Top + Bottom Grills	Remove all packaging. Place directly onto the turntable.
Oven Chips (thin cut) Frozen (-18°C)	10 - 11 minutes for 100g 13 - 14 minutes for 200g 16 - 17 minutes for 300g	Top and Bottom Grills	Place directly onto the turntable. Turn over halfway through cooking.
Oven Chips (standard cut) Frozen (-18°C)	12 - 13 minutes for 200g 14 - 15 minutes for 300g 16 - 17 minutes for 400g	Top and Bottom Grills	Place directly onto the turntable. Turn over halfway through cooking.
Oven Chips (thick cut) Frozen (-18°C)	13 - 14 minutes for 200g 15 - 16 minutes for 300g 16 - 17 minutes for 400g	Top and Bottom Grills	Place directly onto the turntable. Turn over halfway through cooking.
Toasted Sandwich	7 minutes for 1 sandwich 8 minutes for 2 sandwiches	Top and Bottom Grills	Place two slices of ham and 50g (2oz) grated cheese between two slices of bread and butter. Place directly onto the turntable.
Garilc Bread Chilled (5°C)	12 minutes for 1 baguette	230°C 10%	Remove all packaging. Place in a flan dish on the turntable.
Garlic Bread Frozen (-18°C)	15 minutes for 1 baguette	230°C 10%	Remove outer packaging but leave inner wrapping. Place in a flan dish on the turntable.

COOKING CHARTS

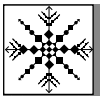
FOOD	COOKING TIME	COOKING MODE	METHOD
White Rice/ Pasta Room (20°C)	14 - 15 minutes for 200g (7oz)	70%	1. Place Rice/Pasta in a 2.5 litre casserole dish. 2. Add three times the volume of boiling water to quantity of rice. Do not cover. 3. Stir 3 times during cooking. 4. Stand for 2 - 3 minutes before rinsing in boiling water and serving.
Jacket Potatoes Room (20°C)	21 mins 30 secs for 4 potatoes (250g each)	250°C 50%	1. Pierce each potato in several places. 2. Place on the edge of the turntable. 3. Stand for 3 - 4 minutes before serving.
Corn on the Cob Room (20°C) Frozen (-18°C)	**Fresh:** 6 - 7 minutes for 2 cobs **Frozen:** 10 - 11 minutes for 2 cobs	100%	1. Place in a dish, add 60ml (4tbsp) water. 2. Cover with microwave cling film, pierce in 4 - 5 places. 3. Turn over halfway through cooking. 4. Stand for 1 - 2 minutes before serving.
Green Beans Room (20°C) Frozen (-18°C)	**Fresh:** 4 mins 30 secs for 225g (8oz) **Frozen:** 5 mins 30 secs for 225g (8oz)	100%	1. Place in a dish, add 30ml (2tbsp) water. 2. Cover with microwave cling film, pierce in 4 - 5 places. 3. Stir halfway through cooking. 4. Stand for 1 - 2 minutes before serving.
Broccoli Room (20°C) Frozen (-18°C)	**Fresh:** 4 mins 30 secs for 225g (8oz) **Frozen:** 6 minutes for 225g (8oz)	100%	1. Place in a dish, add 30ml (2tbsp) water. 2. Cover with microwave cling film, pierce in 4 - 5 places. 3. Stir halfway through cooking. 4. Stand for 1 - 2 minutes before serving.
Cauliflower Room (20°C) Frozen (-18°C)	**Fresh:** 4 mins 30 secs for 225g (8oz) **Frozen:** 6 minutes for 225g (8oz)	100%	1. Place in a dish, add 30ml (2tbsp) water. 2. Cover with microwave cling film, pierce in 4 - 5 places. 3. Stir halfway through cooking. 4. Stand for 1 - 2 minutes before serving.
Carrots (sliced) Room (20°C) Frozen (-18°C)	**Fresh:** 4 mins 30 secs for 225g (8oz) **Frozen:** 5 minutes for 225g (8oz)	100%	1. Place in a dish, add 30ml (2tbsp) water. 2. Cover with microwave cling film, pierce in 4 - 5 places. 3. Stir halfway through cooking. 4. Stand for 1 - 2 minutes before serving.
Carrots (baby/whole) Room (20°C) Frozen (-18°C)	**Fresh:** 5 mins 30 secs for 225g (8oz) **Frozen:** 6 minutes for 225g (8oz)	100%	1. Place in a dish, add 30ml (2tbsp) water. 2. Cover with microwave cling film, pierce in 4 - 5 places. 3. Stir halfway through cooking. 4. Stand for 1 - 2 minutes before serving.

COOKING CHARTS

FOOD	COOKING TIME	COOKING MODE	METHOD
Peas Room (20°C) Frozen (-18°C)	**Fresh:** 3 mins 30 secs for 225g (8oz) **Frozen:** 4 mins 30 secs for 225g (8oz)	100%	1. Place in a dish, add 30ml (2tbsp) water. 2. Cover with microwave cling film, pierce in 4 - 5 places. 3. Stir halfway through cooking. 4. Stand for 1 - 2 minutes before serving.
New Potatoes Room (20°C)	9 - 10 minutes for 450g (1lb)	100%	1. Place in a dish, add 60ml (4tbsp) water. 2. Cover dish with microwave cling film, pierce in 4 - 5 places. 3. Stir halfway through cooking. 4. Leave to stand for 1 - 2 minutes before serving.
Mushrooms Chilled (5°C)	2 mins 30 secs for 225g (8oz)	100%	1. Chop or leave whole as desired. 2. Place in dish, cover with microwave cling film and pierce in 4 or 5 places. 3. Stir halfway through cooking.
Tomatoes (fresh) Chilled (5°C)	2 mins 30 secs for 225g (8oz)	100%	1. Slice or quarter as desired. **Note:** If you wish to leave whole, pierce in several places. 2. Place in a dish or on a plate, cover with microwave cling film and pierce in 4 - 5 places. 3. Leave to stand for 1 - 2 minutes before serving.
Scrambled Egg Chilled (5°C)	4 mins 30 secs	100%	1. Place 6 eggs (size 3) , 150ml (1/4 pint) milk, 15g 1/2 oz butter, salt and pepper in a bowl and beat thoroughly until smooth. 2. Beat 3 times during cooking until desirably set. 3. Leave to stand for 30 seconds before serving.

NOTES:

- Only serve food which is thoroughly cooked, use a professional food thermometer to ensure acceptable temperatures have been reached throughout.
- When cooking joints of meat, small pieces of aluminium foil can be used to shield small areas of meat if they start to overcook.
- During standing time food should be covered with aluminium foil.

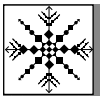


DEFROSTING CHARTS

FOOD	DEFROSTING TIME	MICROWAVE POWER LEVEL	METHOD
Beef, Lamb Pork joints (uncooked)	22 - 23 minutes 450g (1lb)	10%	1. Place on a large plate. 2. Turn over 4 - 5 times during defrosting. **Note:** If necessary, small pieces of aluminium foil can be used to shield small pieces of meat which may become warm during defrosting. 3. After defrosting, wrap in foil and leave to stand for 60 - 90 minutes or until thoroughly defrosted.
Whole Poultry (uncooked)	17 -18 minutes 450g (1lb)	10%	1. Place on a large plate. 2. Turn over 4 - 5 times during defrosting. **Note:** If necessary, small pieces of aluminium foil can be used to shield small pieces of meat which may become warm during defrosting. 3. After defrosting, wrap in foil and leave to stand for 60 - 90 minutes or until thoroughly defrosted.
Chicken Quarters (uncooked)	7 - 8 minutes 450g (1lb)	30%	1. Place on a large plate. 2. Turn over 4 - 5 times during defrosting. **Note:** If necessary, small pieces of aluminium foil can be used to shield small pieces of meat which may become warm during defrosting. 3. After defrosting, wrap in foil and leave to stand for 30 - 60 minutes or until thoroughly defrosted.
Minced Beef (uncooked)	6 - 7 minutes 450g (1lb)	30%	1. Place on a plate or in a bowl. 2. Turn over 2 - 3 times during defrosting, removing defrosted mince each time. 3. After defrosting, cover any frozen mince remaining in aluminium foil for 15 - 20 minutes or until thoroughly defrosted.
Sausages (uncooked)	11 - 12 minutes 450g (1lb)	10%	1. Place on a large plate in a single layer if possible. 2. Turn over 2 - 3 times during defrosting and separate if necessary. 3. After defrosting, cover with aluminium foil and leave to stand for 15 - 20 minutes or until thoroughly defrosted.
Chops (uncooked)	12 - 13 minutes 450g (1lb)	10%	1. Place on a large plate in a single layer if possible. 2. Turn over 2 - 3 times during defrosting and separate if necessary. 3. After defrosting, cover with aluminium foil and leave to stand for 15 - 20 minutes or until thoroughly defrosted.

DEFROSTING CHARTS

FOOD	DEFROSTING TIME	MICROWAVE POWER LEVEL	METHOD
Bacon (uncooked)	9 - 10 minutes 450g (1lb)	10%	1. Place on a plate. 2. Separate and re-arrange twice during defrosting. 3. After defrosting, cover with aluminium foil and leave to stand for 5 - 10 minutes or until thoroughly defrosted.
Sausage Rolls Large (cooked)	8 - 9 minutes for 8 rolls, 375g (13oz) total weight	10%	1. Place on a large plate. 2. Turn over and re-arrange half way through defrosting. 3. After defrosting, cover with aluminium foil and leave to stand for 10 - 15 minutes or until thoroughly defrosted.
Quiche (cooked)	11 - 12 minutes 400g (1lb)	10%	1. Place on a large plate. 2. After defrosting, cover with aluminium foil and leave to stand for 15 - 20 minutes or until thoroughly defrosted.
Meat Pie (cooked)	11 - 12 minutes 450g (1lb)	10%	1. Place on a large plate. 2. After defrosting, cover with aluminium foil and leave to stand for 15 - 20 minutes or until thoroughly defrosted.
Fruit Pie (cooked)	8 - 10 minutes 450g (1lb)	10%	1. Place on a large plate. 2. After defrosting, cover with aluminium foil and leave to stand for 15 - 20 minutes or until thoroughly defrosted.
Sponge Pudding (cooked)	4 - 5 minutes 450g (1lb)	30%	1. Place on a large plate. 2. After defrosting, cover with aluminium foil and leave to stand for 15 - 20 minutes or until thoroughly defrosted.
Bread (Sliced)	2 - 3 minutes 400g ($^1/_2$ loaf)	30%	1. Arrange slices on the turntable. 2. Turn over, separate and re-arrange 2 - 3 times during defrosting. Remove defrosted slices each time. 3. After defrosting, cover with foil for 5 - 10 minutes or until thoroughly defrosted.
Bread Buns	2 - 3 minutes for 6 buns	30%	1. Place on the turntable. 2. Turn over and re-arrange halfway through defrosting. 3. After defrosting, cover with aluminium foil and leave to stand for 5 - 10 minutes or until thoroughly defrosted.



DEFROSTING CHARTS

FOOD	DEFROSTING TIME	MICROWAVE POWER LEVEL	METHOD
Whole Fish (Trout, Mackerel)	9 minutes 450g (1lb)	30%	1. Place on plate. Turn over twice during defrosting. Shield. 2. After defrosting, cover with foil and stand for 15 minutes or until thoroughly defrosted.
Fish Fillets/ Steaks	6 mins 30 secs 450g (1lb)	30%	1. Place on plate. Turn over twice and separate during defrosting. Shield. 2. After defrosting, cover with foil and stand for 15 minutes or until thoroughly defrosted.
Prawns	4 - 5 minutes 450g (1lb)	30%	Place in a dish. Stir during defrosting.
Rice (cooked)	8 minutes 450g (1lb)	30%	1. Place in a large bowl. 2. Break up and stir 2 - 3 times during defrosting. 3. After defrosting, cover bowl with aluminium foil and leave to stand for 5 - 10 minutes or until thoroughly defrosted.
Pastry (puff or shortcrust)	4 minutes 340g (12oz)	10%	1. Place on plate. Turn over halfway through defrosting. 2. After defrosting, cover with foil and stand for 15 - 20 minutes or until thoroughly defrosted.
Apples (sliced)	7 - 8 minutes 450g (1lb)	30%	Place in a flan dish. Stir during defrosting.
Blackcurrants/ Redcurrants	7 - 8 minutes 450g (1lb)	30%	Place in a flan dish. Stir during defrosting.
Gooseberries	6 - 7 minutes 450g (1lb)	30%	Place in a flan dish. Stir during defrosting.
Raspberries Blackberries	5 - 6 minutes 450g (1lb)	30%	Place in a flan dish. Stir during defrosting.
Rhubarb	6 - 7 minutes 450g (1lb)	30%	Place in a flan dish. Stir during defrosting.
Strawberries	6 - 7 minutes 450g (1lb)	30%	Place in a dish. Stir during defrosting.

NOTES:

- Prior to defrosting, food is frozen approx - 18˚C.
- If it is necessary to shield small areas of food, use small pieces of foil.
- Only use food which is thoroughly defrosted, use a professional food thermometer to ensure acceptable temperatures have been achieved throughout.

CLEANING & MAINTENANCE

OVEN INTERIOR

Clean the microwave oven cavity after each use with a mild detergent solution on a soft cloth, pay special attention to the waveguide cover.

Take care not to let soapy water drip through the small holes in the oven walls and the cavity floor particularly if the turntable and turntable support are removed. Excess water spillage through these holes will cause damage to the oven interior. It is important that the door seals and sealing surfaces are kept clean at all times, wipe regularly with a damp cloth.
Remaining food or fat splashed on the oven interior can cause smoke or a bad smell.
To prevent splashing, cover food wherever possible.

- Keep the waveguide cover clean at all times. If you leave grease or fat in the cavity, it may overheat, smoke or even catch fire when next using the oven. Do not remove the waveguide cover.

- Never use spray cleaners, oven pads or abrasive scourers as these damage the surface of the oven.

- After Grill, Convection and Dual cooking modes, the oven cavity, door, oven cabinet and turntable will become very hot. Before cleaning, make sure they have cooled down.

⚠ **WARNINGS:**

- **Do not allow grease or dirt to build up on the door seals and adjacent parts as this may prevent the door from closing correctly and may cause a leakage of microwaves. To clean use a mild detergent solution on a soft damp cloth.**

OUTER CABINET

Wipe the outside cabinet with a mild detergent solution on a soft cloth. The control panel must be wiped clean whilst the door is open, therefore deactivating the oven.

TURNTABLE

Ensure the turntable is cleaned after every use with a mild washing-up liquid solution and dried. The turntable is dishwasher safe. This should prevent a build up of grease and food debris.

TROUBLESHOOTING

If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.
Simply answer "YES" or "NO" to the following questions:

1. Does the oven lamp come on when you open the door? YES/NO

(Put half a cup of water in the oven, on the turntable and close the door. 100% and programme the oven to cook for 1 minute.)

2. Does the oven lamp come on? YES/NO
3. Does the turntable rotate? YES/NO
4. Does the cooling fan work? (Check by placing your hand above the air-vent openings) YES/NO
5. After 1 minute does the "beep" sound? YES/NO
6. Is the water in the cup hot? YES/NO

(Take the cup out of the oven and close the door. Set the grill time for the top and bottom grill for 3 minutes.)

7. At the end of 3 minutes do both the grill elements become red? YES/NO

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown, if there is no fault with either, check the troubleshooting chart on page 35.

⚠ WARNINGS:

- **It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.**
- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs & Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer Cabinet & Lamp Access: Never remove the outer cabinet. This would be very dangerous due to high voltage parts inside which must never be touched, as this could be fatal. As your oven is not fitted with a lamp access cover, if the lamp fails, do not attempt to replace the lamp yourself, call your dealer or SHARP approved service facility (see page 36).

NOTES: The following cooking conditions should not cause concern:

1. If you cook food for more than the standard time (see chart below) at the same power level, the oven's safety mechanisms will automatically activate. The microwave power level will be reduced and the grill heating elements will turn on and off.

2. After cooking the cooling fan may switch on for cooling the oven cavity. When the cooling fan works, Hot may be displayed.
During cooking, the cooling fan will also work when you press the **STOP** key. You may feel air blowing out of the air-vent openings.

COOKING MODE		STANDARD TIME
Microwave 100% cooking		20 minutes
Grill cooking		
TOP GRILL		30 minutes
BOTTOM GRILL		45 minutes
TOP and BOTTOM GRILL		Top grill - 15 minutes Bottom grill - 15 minutes
Dual + MICRO and TOP GRILL	Microwave 100% cooking	Micro - 20 minutes Top grill - 15 minutes
	Microwave 10 - 70% cooking	Top grill - 30 minutes
Dual + MICRO and BOTTOM GRILL	Microwave 100% cooking	Micro - 20 minutes Bottom grill - 15 minutes
	Microwave 10 - 70% cooking	Bottom grill - 45 minutes

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE
Draught circulates around the door.	When oven is working, air circulates within the cavity. The door does not form an airtight seal, so it is normal for air to escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arcing from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.
Arcing potatoes.	Ensure all "eyes" are removed and stand directly onto the turntable or in a heat resistant flan dish or similar.
After setting the time, the oven does not start.	Check the door is closed properly.
Oven cooks too slowly.	Ensure correct power level has been selected.
Oven makes a noise.	The microwave energy pulses ON/OFF during cooking/defrosting.
Outer cabinet/door is hot.	The cabinet may become hot to the touch - keep children away.

TO REPLACE THE MAINS PLUG

The wires in the mains cable are colour coded as shown opposite:

green and yellow stripes = **EARTH**
blue = **NEUTRAL**
brown = **LIVE**

As the colours of the cores in the mains lead of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as shown opposite.
Make sure the terminal screws are tight and the cable is held securely by the cable grip where it enters the plug. Like most appliances in your home, your oven must be connected to a single phase 230-240 Volt, 50Hz alternating current supply.
If you do not make the proper electrical connections you might damage the oven or injure yourself. Neither SHARP nor the supplier will be liable if this happens.

- The green and yellow wire to the plug terminal marked E or ⏚ or coloured green or coloured green and yellow.
- The blue wire to the plug terminal marked N or coloured black or coloured blue.
- The brown wire to the plug terminal marked L or coloured red or coloured brown.

⚠ **WARNING!**
THIS APPLIANCE MUST BE EARTHED.
IF YOU HAVE ANY DOUBTS ABOUT YOUR ELECTRICAL SUPPLY ASK A QUALIFIED ELECTRICIAN.

CALLING FOR SERVICE

- If you are unable to resolve a problem using the checks covered on the last few pages, **do not attempt to service this microwave oven yourself.**
- Contact the dealer or supplier from whom the oven was purchased in order to obtain service. Where this is not possible, please contact the SHARP Customer Information Centre, telephone: 08705 274277 (office hours).
- For general information & assistance with oven queries, please contact our

  Customer Information Centre:

  U.K.: 08705 274277 (office hours)
  Ireland: 01 676 0648 (office hours)
  Website: http://www.sharp.co.uk/support
- Replacement accessories may be obtained from our main parts distributor Willow Vale Electronics Ltd. Telephone: 0121 766 5414

SPECIFICATIONS

AC Line Voltage	Single phase 230-240 V, 50 Hz
Output power:	
Microwave	900W (IEC 60705)
Grill (Top Grill)	1000W
Grill (Bottom Grill)	500W
Convection	1450W
MAFF heating category	E
Input Current:	
Microwave	6.3A
Power Consumption:	
Microwave	1.45kW
Top grill heater	1.05kW
Bottom grill heater	0.55kW
Microwave & Top Grill Heater	2.4kW
Microwave & Bottom Grill Heater	1.95kW
Top & Bottom Grill Heater	1.5kW
Convection	1.525kW
Triple function (Microwave & Convection)	2.9kW
Microwave frequency	2450 MHz
Outside Dimensions	520(W) x 309(H) x 488(D)mm
Cavity Dimensions	349(W) x 207(H) x 357(D) mm
Oven capacity	0.9 cu.ft (26 litres)
Cooking uniformity	Turntable diameter (325mm)
Weight	Approx. 19kg

This oven complies with the requirements of Directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.

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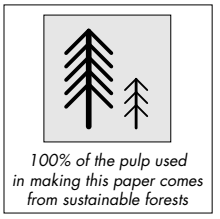
As part of a policy of continuous improvement, we reserve the right to alter design and specification without notice.

The illustrations, technical information and data contained in this publication to our best knowledge, were correct at the time of going to print. The right to change specifications, at any time, without notice, is reserved as part of our policy of continuous development and improvement.

SHARP

SHARP ELECTRONICS (U.K.) LTD
Manchester, U. K.

U.K.: 08705 274277 (office hours)
Ireland: 01 676 0648 (office hours)
Website: http://www.sharp.co.uk/support



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